



BOOMERVISION

GETTING A GOOD NIGHT'S SLEEP

Guest speaker: Dr. Amit Khanna, Medical Director of the L+M Sleep Center, will discuss:

- **What is Normal Sleep and How it Changes as We Age**
- **New Sleep Findings that can Affect Your Health**
- **How to Improve your Sleep Quality**
- **Insomnia, Sleep Apnea and Restless Legs Syndrome**

Tuesday, December 11, 2012

5:30pm to 7pm

Supper at 5:30pm for **only \$6**

Presentation from 6pm to 7pm

Please register by December 7, 2012

(860)441-6785

Discover the Groton Senior Center

